# For Woman's Reading.

The Best Ways of Fianning and Packing

How to Be Comfortable with Few
Clothes and Conveniences.

There is no time when any woman wants to appear to better advantage than when she is travelling, and no time when she has fewer facilities for doing so.

Her clothing, at least her dress, gets dusty and car-worn, and the little niceties for making herself well-dressed and comfortable are at home, far away from the secut deal and who make a business of being comfortable and pretty while on these traveling tours, say that there is a way of managing so that one can "live in a trunk" and yet look charming and have everything that is necessary for comforts back as the selection of the trunk itself. By no means let the woman who is going across the country, whether to the World's fair, or to California, or even over to Japan, burden herself with more trank at the sound travel ers who do this, and only very unexperienced ones who takes boxes, satends and bundles for carrying the things which they deem too easily crushed to be put in the trunk.

Let the trunk do all the work. And select it with that and in view. Do not

cels and bundles for carrying the things which they deem too casily crushed to be put in the trunk.

Let the trunk do all the work. And select it with that end in view. Do not let it be a large trunk. Let it be a low one, not much higher than a stoamer trunk, but if possible just the fength of the skirt of your dresses. I do not mean a skirt trunk. There are skirt trunks which come just for dress skirts, but these are for use only when one is going to a summer resert and taking along a great many fancy clothes. But the general utility trunk, the trunk out of which one is to five during a month or more of a traveling experience, should be so planned that it can be used for the entire wardrobe and all the little findings and fixings thereof.

When the long, low trunk has been selected, then comes the work of packing. Into the bottom of the trunk there goes a layer of underclothes, all that can possibly be needed for the journey. On top of the underclothes and the four corners, stow away stockings, handker and the first hand title necessaries, and a couple of the next books you intend to read.

Now comes the more scientific part of the work. There are certain things without which no woman can be comfortable. She cannot be even moderately knopy in

the work. There are certain things without which no woman can be comfortable. She cannot be even moderately happy in a room whose four walls are perfectly bare, and where none of her toilet articles are near at hand. Getting them out of a handbag is an abomination, and distributing them around upon a hotel washistand is worse than an abomination. There must be a case for all these things, and it must be constructed on the improved traveling case method.

on entering the room after a day's eightseeing.

There is also another little feature
which enters into "living out of a trunk"
in a very great degree, and that is keeping a list of where the things are put in
the trunk. The list can be kept on the
back of one our calling cards, and as it
takes only a minute to write, it is never
a series and establish.

a serious undertaking. It should read

"Stockings, from left-hand corner. Handkerchiefs, from right-hand corner, iss stove, rear left-hand corner of hat

CONGESTIVE OR NEURALGIC?

The neuralgic is often rheumatic, come

HOW TO MAKE A TRAVELING CASE. Get for this about five yards of strong twilled jeans and cut out little pockets, sewing them firmly upon a double back of the jeans, which should be at least a yard and a half long and the width of the

of the jeans, which should be at least a yard and a half long and the width of the goods.

This back may be held togother all around with half a dozen rows of machine stitching. Finish the top with several loops to hang over nails.

Let there be as many pockels as there are toilet findings. There should be a packet for the tooth brushes, another for ibe hair brush and comb. a third for scaps, cold gream and almond meal boxes, a fourth for a tooth powder box, another for the manicure set, one for the curint longs, and several more for the two of three tried little medicines which it is always well to take along. It is a good way to put the bottles in the little corrugated pasteboard rolls in which bottles of liquid are now sent by mail. Along the lower edge are three large pockets, into which may be put slippers and a change of underciothing and the clothes brushes. This requires less space than you would think. Slippers are very compressible and a change of underciothing and the clothes brushes. This requires less space than you would think. Slippers are very compressible and a change of underciothing and the clothes brushes. This requires less space than you would think. Slippers are very compressible and a change of underciothing and the clothes brushes. This requires less space than you would think. Slippers are very compressible and a change of underciothing and the clothes brushes. This requires less space than you would think. Slippers are very compressible and a change of underciothing and the clothes brushes, into which the frees skirts. To do this, arrange your packets so that you have a clear space in bow knots.

If the case is properly made it can be folded over upon itself and then listing to the list and the clother in bow knots.

If the case is properly made it can be folded over upon itself and then listing to the list and the clother in bow knots.

If the case ink bottles that shut up in round wooden cases. Also pens, paper and postage stams in the pockets, Lastiy, in the body of the trunk lay a

HOW TO PACK THE TRAY.

In the trunk tray might be laid first an unframed piclare or two, an etching or a water color or a photograph. These are pretty to put around the walls when staying in specially desolate quarters where the outside view is uncomfortable, and it is a good plan also to fold up a thin silk mantel drapery, also breadths of pright silk to throw over angightly adding and it is a good plan also to fold up a inin silk mantel drapery, also breadths of bright silk to throw over unsightly radiators, starring window cornices, or even to disguse the outlines of the trunk itself. I know a woman who always carries in her trunk a piece of rich uphoisterer's tapestry, large enough to coved abed, and pieces of rich stuff for a table or two. There are Japanese and other crepes now that will serve the same purpose.

When one is traveling one very often wishes to receive company in one's own room.

Cards are sent out to friends and friends cards are sent out; to friends and friends are expected to call. To receive them in the public parlor is not always pleasant, and to hire a bed room and parlor is sometimes too expensive. So the idea "hying in a trunk" must include a supply of things sufficient to make even the humblest hotel sleeping room pretty to receive enests.

She should have massage. If she does not know anybody who can give her massage, she can manipulate her own head; stroke it gently from the center down the sides; press it hard between her palms with a rotary motion; pinch the little superficial nerves of the cyebrows.

After that she is ready to take a few medical gymnastics with head and arms.

(a) Position, hands at the side, heels together. Slowly bend the head backward and forward until the neck feels as a limber as a rag doll's.

(b) Arms outward extended (Fig. 1) parallel with the shoulders. Rotate the arms slowly, rising on the toes and taking a long breath during the upward part of the rotation. EXERCISE FOR HEAD NEURALGIA.

HALIBUT, MAITRE D'HOTEL.

I had my hostess' way of cooking it afterward. Cut three pounds of halibut into pieces three inches square. Dip each in beaten egg, then in sifted bread crumbs. Fry in boiling lard to a rich brown. Rub a heaping teaspoonful of butter to a cream, add the joice of a lemon, a tablespoonful of chopped parsley, sait and pepper, mix and spread on the hot squares of halibut, set in the oven just long enough to melt, then serve.

Not difficult, but delicious for summer breakfasts.

breakfasts.
My hostess made this way the

POTATO CROQUETTES

limber as a rag doll's.

(b) Arms outward extended (Fig. 1) parallel with the shoulders. Rotate the arms slowly, rising on the toes and taking a long breath during the upward part of the rotation.

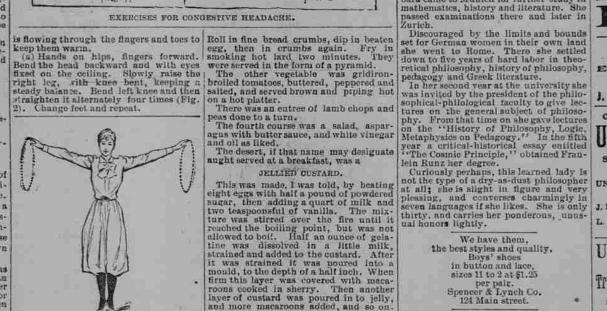
EXERCISE FOR CONGESTIVE HEADACHES.

Slow leg movements are needed.

The great vessels of the trunk and lega must be well stretched to make room for the blood which is distending the arteries and veins of the head, while not enough



EXERCISES FOR CONGESTIVE HEADACHE.



A woman who has headache long has probably asked her family physician the cause. He may have given her bromides or opiates, or phenacetin, or pills of caffeine, and she may have been blistered, cupped and leeched, and even then she may have suffered for days with torturing headache. I have not found that remedies "to be taken" cure headaches without fail. I group headaches into four chief classes: Neuralgic, congestive, reflex, headaches from eye strain. EXERCISE FOR NEURALGIC HEADACHE.

(b) Stand on the left foot with right leg extanded as horizontally as possible. Fren bend the left knee until you cannot sink any lower without losing your balance (Fig 3). Slowly rise and change

feet and repeat.
(c) Stand with the left side against the The neuralgic is often rheumatic, comes from a sudden cold, perhaps is the result of a draught on the side of the head.

Sometimes it rises from an irritation of the filaments of the great caserian ganglion which sends nerves and branches to all parts of the lace, and which sometimes becomes so irritated that it screws the facial muscles into knots with spasmodic seizures. (c) Stand with the left side against the doorway, bars or stair rail. Place the tips of the fingers together behind the neck; arms as horizontal as possible. Place the left foot between the two lowest bars, or let it be firmly held, then bend the body to the right as far as possible (Fig. 4.) In this exercise the right side of the body should be no more trained than the left. Always alternate carefully.

(d) Rotation of foot or hip in as large a circle as possible, sitting (Fig. 5.)

(e) Hang from transom or top door bar and take knee-bending exercise (Fig. 6.) seizures.

On the other hand, a congestive head-ache is the effect of a lack of tone of the

Reflex headaches require special exer-cises to suit the organ in which the irri-tation started.

If the liver is sluggish, it needs some

lively shaking or joiting.

If the kidneys are out of order the skin must be stimulated.

must be stimulated.

If the eyes are making the mischief they must be examined and fitted with glasses immediately.

KATE CAMBELL HURD, M. D.,

Medical Director Bryn Maur Gymnasium.

on the other hand, a congestive meadache is the effect of a lack of tone of the
muscular cost of the arteries. These
muscles become stretched, lose their elasticity, then dilate more and more to accommodate the blood pumped up into
them. Unless something is done at once
to relieve the other pressure, to turn
some of this blood into larger vessels,
there will result a stoppage of the circulation and apoplexy or paralysis.

The question very seriously should be
asked: "Can a dose of medicine be taken
inwardly which shall act only upon the
arteries and veins of the brain?" In my
own practice I have found it a thousand
times better to prescribe exercises which
shall so tone the whole muscular system
that every artery shall be made to contract with precision.

from this layer was covered with maca-roons cooked in sherry. Then another layer of custard was poured in to jelly, and more macaroons added, and so on. When firm, it was turned out of the mould and served with whipped cream. mould and served with whipped cream.
Cheese and crackers, those good digesters, were served from beautiful white
and gold dishes, and on the table were
two pretty jugs of iced tex, slightly
flavored with sugar and lemon juice, with
floating slices of lemon.

It was an ideal summer morning breakfeet but after all such a one as any friend

fast, but after all such a one as any friend may serve to a friend anywhere, without much toll, without much worry, without

much money.
MRS. OLIVER BELL BUNGE. BRIC-A-BRAC.

How to Use It and Take Care of It.

Bric-a-brac should not only afford pleasure by its own beauty, but should also serve a decorative purpose-breaking severe outlines of walls or furniture, TREATMENT FOR REFLEX HEADACHES, introducing dashes of color at certain

For this reason a should be massed in order to be made effective. Moreoverand this will appeal to the feminine instinct which bravely strives to make the most of small possessions—a few pieces scattered, call attention to an effort on

The question very seriously should be and to hire shed room and parties and to hire shed room and parties and each "Can a dose of medicine beta lating the strong of the shed without the shed of the shed without the shed of the shed without the shed without the shed will be shed the shed without the shed will be shed to be shed without the shed will be shed to be shed without the shed will be shed to be shed without the shed will be shed to be b

that her system has come to depend upon the stimulus. Milk, water or cocoa should be used instead.

If her headache comes from bodily fatigue, she must go to sleep though household cares be never so pressing.

If eye-strain, or mind-fatigue, is the cause of the pain, she must go for a long walk in a quiet place.

Usually a hot loot bath, a mild cathartic and a liquid diet are needed in treatment; these are better than many of the new remedies for headache.

Sleep in pure air, eat and work in pure air. Have good inlets for pure air in all rooms and as good outlets for the air which has been used.

A woman may resort to special exercises to relieve headache.

EXERCISE FOR HEAD NEURALGIA.

and white, was strewn with embroidered apple bloesoms, as were the napkins and the piece is smail it will do no harm to poll the plant the piece is smail it will do no harm to put the series that delicate ware that the process income in face is rough the nail brush ware for can ware for can

flannel, as it is less likely to slip in the hand.

The most delicately carved ivory may be cleaned perfectly and without damage, immediate or subsequent, by using the flanes of the sand soaps. A nail brush wetted and rubbed across the scap will clean every little cravice. The scap should be removed by a quick plungs into clean water, followed by immediate and thorough drying. I have not found that this process produces any discoloration, nor that it causes any roughness of surface.

Iron work should be rubbed with ker-

Iron work should be rubbed with kerosene oil, brass with polishing paste, never with silver powder.

It would seem unnecessary to say that bronze should not be polished, had I not seen recently a Nuremberg lizard which was "coloring" beautifully, made bright by one who ought to have known better. One might as well clean a meerschaum pipe, or sprinkle cologne water over natural flowers, which last was the act of an amiable Philistine of my acquaintance.

ance.

It is a disputed point concerning the dusting of bes-reliefs. I have known those who regarded the removal of the gray powder which settled on a portraitrelieve as an act of vandalism. I have heard artists claim that nature thus softens the harsh marks of the chisel. MARGARET COMPTON.

A LEARNED YOUNG WOMAN.

She May Seek a Home in America-Young and Interesting.

MUNICH, Bavaria, May 20 .- University men throughout Germany are regarding with great interest the young German doctor of philosophy, Fraulein Barbara Klara Reuz, who has taken her degree in the university of Rome.

This is the single instance, I understand, where a German woman has won



the doctorate, and, since colleges are not open to women in Germany, Dr. Reuz was obliged to matriculate in Italy. And she may have to emigrate to America before she finds a chair or lectureship to employ her talents. In Europe it is impracticable for a learned woman to obtain the position worthy of her qualifications. Frankin Barabara was a Bavarian girl, an uncommonly bright one, and made nothing of getting through the high school in her native town. Altenstadt, when she was little more than a child. Restless for knowledge, Frankin Barbara came to Munich for further study in mathematics, history and literature. She passed examinations there and later in Zurich.

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